

## **Division of Behavioral Health Services**

### **Behavioral Health Mobile Device Apps Directory**

**The purpose of this list is to provide individuals possible resources through the use of mobile phone apps. The Division of Behavioral Health Services is not liable for the content, cost or services provide as described on each app listed. This list is not comprehensive, but describes popular apps and other options may be available.**

#### **AA (ALCOHOLICS ANONYMOUS)**

**12 Steps AA Companion** - iOS \$2.99 Android \$1.99

This sobriety tool is available for members of Alcoholics Anonymous. It provides a Big Book reader, prayers, Big Book promises, search tool, sobriety calculator, notes, and AA contacts database. An anonymous icon protects anonymity by not showing references to AA. Also contains an extensive meeting directory and program descriptions.

**AA Big Book and More** - iOS Free

This free app is easy to use, helps you keep track of your sobriety, provides the text of the AA Big Book, and offers encouraging messages daily.

**AA Speakers to Go** - iOS \$4.99 Android \$4.99

Listen to an Alcoholics Anonymous Speaker Collection of over 500 hours of audio with tapings from Bill W, Clancy I, Ed M, and more.

**CassavaSM** - iOS Free

It provides over 150,000 current meetings curated by support group members who can give input/corrections on meetings. A personal scoring system, the Sobriety Score, helps people track their progress, as each recovery activity they participate in on the app goes towards their score. The app also includes Daily Reflections tagged by keyword and no advertising.

**One Day At A Time — AA** - iOS \$1.99 Android \$1.99

Read the Big Book of Alcoholics Anonymous anywhere. Search for keywords while in discussion meetings. Get Daily Meditations right on your iPhone or iTouch. Features include friends' sobriety dates, home groups, and quick link for calling.

#### **NA (NARCOTICS ANONYMOUS)**

**SoberTool** - iOS Free Android Free

This app is geared to relapse prevention. It teaches the user how to identify thoughts and feelings which can lead to relapse. Then it leads the user to a daily reading geared to what they are currently experiencing which helps change "relapse" thinking into "sober" thinking. It also calculates sober time and money saved staying sober.

#### **SUBSTANCE USE**

**Quit It 3.0** – stop smoking

This motivational program supports and encourages smokers to quit and helps ex-smokers avoid relapse. It keeps track of cigarettes not smoked, money saved, and the benefits of quitting. Successes can be shared via Facebook, Twitter or email.

**Quit Now**

In English and Spanish. Counts days without smoking, cigarettes not smoked, money saved, and time saved. Covers nine aspects of health that will gradually improve, tips for quitting, and provides a widget.

**Squirrel Recovery; Addiction**

What it does: This app allows you to set up a support circle with other people in recovery from substance addictions (its focus). "Your circle can include 10 people, at your trigger times, questions pop up about your mood state." The people in your circle know from your answers how you are doing and can respond accordingly to offer support and encouragement when you need it most. "There is also a panic button for immediate help from your circle," Lander adds. The app tracks the number of days of your sobriety and rewards you with "coins" as you rack up more sober days.

**Quit That**

What it does: This app tracks the progress you've made by quitting anything, from coffee and junk food to alcohol and other substances. It tracks the days and hours since you stopped and also how much money you've saved.

## **Recovery Box Addiction Recovery Toolbox**

What it does: RecoveryBox works using lights (green, yellow and red) that keep you accountable in your recovery. You log what you do every day and are greeted with a green light for “Way to go!” activities that support your recovery; a yellow light for “Warning light events”; or a red light for “Acting out” behavior. Whatever you enter is stored and can be emailed to a spouse, sponsor or another accountability partner.

## **SoberTool** - Free for iTunes and Android

What it does: The app offers encouragement with various prompts as well as an reward system, which helps keep you motivated and focused. A search function allows users to find answers to emotions and situations that threaten sobriety, like anger, sadness, frustration and stress.

## **Addicaid** - Compatibility: iOS

This all-in-one app is designed to support many types of recovery journeys, from alcoholism to sex addiction. Included in its features are A directory of 12-Step and alternative support groups and options for checking in at the meetings, a journal and daily check-ins, spending calculator, eating regimen to reduce cravings and hotlines.

## **MENTAL HEALTH**

## **Pacifica** - Compatibility: iOS

For those with depression and/or anxiety, relief and support can be found through Pacifica. In addition to offering a mood tracker and guided meditations, this app uses principles based on Cognitive Behavioral Therapy to help smooth over distorted thinking patterns and overcome anxiety by breaking it down into bite-sized daily challenges.

## **MindShift** - Compatibility: Android

MindShift is a tracker and guide designed for those with anxiety. It specifically targets teens and young adults and includes tool kits for guiding users through anxieties as specific as perfectionism and test anxiety.

## **Breathe2Relax** - free on both iOS and Android devices

Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety.

## **PTSD Coach** - free on both iOS and Android devices

PTSD Coach is an app developed by the Department of Veterans Affairs' National Center for PTSD, intended for use by veterans, military personnel, and civilians experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time as well as tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs, and contact the National Suicide Prevention Hotline quickly in emergencies.

## **Optimism**

Optimism is a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms, and this can be updated as they come to have a deeper understanding of what they need to tackle their mental illness.

## **SAM: Self Help for Anxiety Management**

SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.

## **IntelliCare** - free on Android devices

IntelliCare is a suite of apps developed by researchers at Northwestern University to target symptoms of depression and anxiety. The apps were developed as a part of a national research study funded by the National Institutes of Health. The mini apps include things like Worry Knot (for worry management techniques), Thought Challenger (to help reduce negative thought patterns), and iCope (for inspirational messages and reassurance).